

MENTAL HEALTH

Annual Report & Newsletter

Matters

Special Edition

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Presidential Freedom Commission: Mental Illness Disables More & More

Mental illness ranks first among all illnesses in causing disability, according to a recent report from the Presidential Freedom Commission on Mental Health, chaired by Dr. Michael Hogan, director of the Ohio Department of Mental Health. When compared with all other diseases –including cancer or heart disease – mental illness is the top cause of disability in the United States, Canada and Western Europe, the report said. In addition, people with mental illness are the largest and fastest growing group with disabilities.

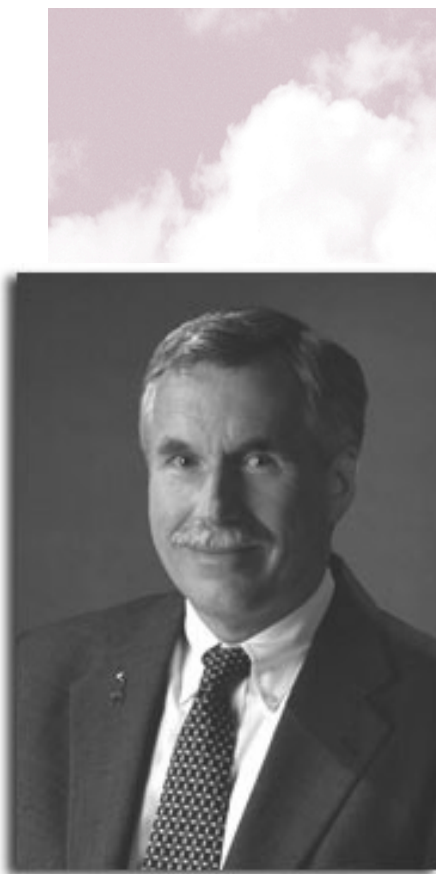
The commission credits the U.S. public mental health system for developing a committed and skilled pool of employees. However, it has identified five areas in which serious barriers to treatment exist:

- ✓ Fragmentation and gaps in care for adults
- ✓ Fragmentation and gaps in care for children
- ✓ High unemployment and disability for persons with mental illness
- ✓ Older adults with mental illness not receiving care
- ✓ Lack of attention given to mental health and suicide prevention nationally

Locally, the Mental Health Board manages programs to ensure that services are provided in a seamless and effective manner:

- ✓ Continuous Quality Improvement Department
- ✓ Adult Forensic Task Force
- ✓ Youth Task Force
- ✓ Youth of Color Task Force

Many creative projects in America blend science with compassion to overcome barriers to treatment, Dr. Hogan reported. The Freedom Commission will study these groundbreaking programs to find solutions for improving the U.S. system of care. More information about the Freedom Commission is available on-line at www.MentalHealthCommission.gov.



**Dr. Michael Hogan, Director
Ohio Department of Mental Health**



**PRESIDENT'S NEW FREEDOM
COMMISSION ON MENTAL HEALTH**

At Home with Client-Focused Programs

The Lucas County mental health system improved its outreach efforts by making services available in environments that work best for consumers. The Board developed or expanded the following toward that end:

- ✓ Living with Hope offers home-based counseling to socially and geographically isolated senior citizens who are experiencing depression.
- ✓ The Alternative Learning & Career Center (ALCC) includes a mental health component for students with severe emotional disturbance who are transitioning from the ALCC back to their home schools.
- ✓ The Mental Health Board continues to bring together key stakeholders to identify and address service gaps affecting clients in Lucas County.

The Board's Web site - www.lucascountymhb.org - was launched to provide additional information to the public.

Diversity Efforts Reflect our Vision

The Mental Health Board embraces diversity in its programs, policies, services and mission statement.

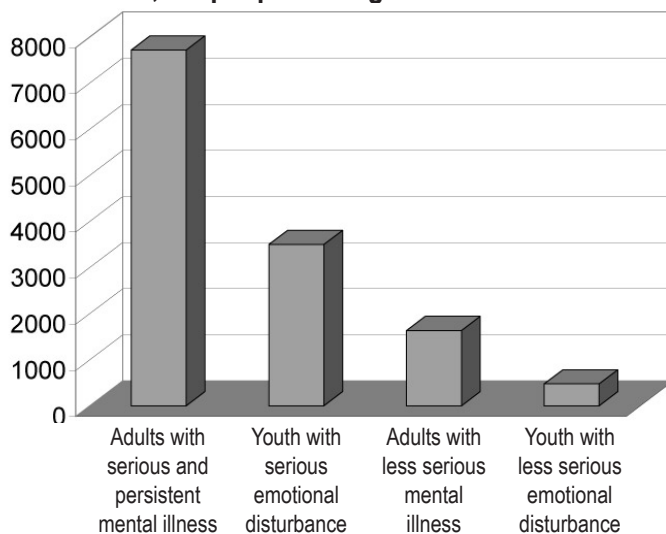
- ✓ The Ayuda program provides family support classes and outreach services in Spanish at two Toledo public schools. Ayuda makes the system more accessible for the Latino community.
- ✓ The Youth of Color Task Force held public forums in FY2002 to discuss the needs of minority youth and how they can be addressed.
- ✓ The Board developed a brochure in English and Spanish to help parents navigate the mental health system in seeking treatment for children.

Researching and Developing Best Practices

The Board has a long history of adopting best practices from the mental health industry and the business world to build a strong local system. Following the private sector model of market research, the Board contracted with Great Lakes Marketing to complete a client satisfaction survey. It revealed that most clients (94 percent) using public mental health services found treatment helpful. More than three out of four were able to get an appointment as soon as they wanted. On the program side, the following nationally acclaimed services continue to deliver positive outcomes locally:

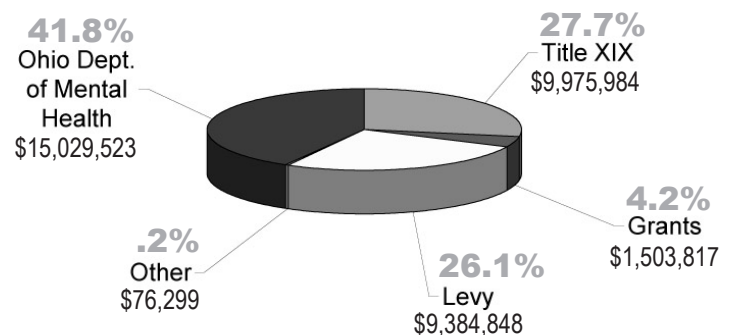
- ✓ The Program for Assertive Community Treatment (PACT) offers seamless services to high-risk consumers of mental health services. PACT was recognized in May with a visit from Ohio Supreme Court Justice Evelyn Stratton, who said Lucas County was "way ahead of the curve" in Ohio, according to *The Blade*.
- ✓ The Dual Recovery Program - based on the nationally recognized Dartmouth Model - offers hope to persons who struggle with mental illness and substance abuse/addiction challenges.
- ✓ The Crisis Intervention Team training provides law enforcement officers new skills to defuse conflicts in which mental illness is a factor.
- ✓ The Consumers Union is at the forefront of the Recovery Movement with its programs in Leadership Education, Peer-to-Peer Mentoring and Bridges. Bridges offers recovery-based education and support for clients. The organization, which is managed by and for consumers, offers social interaction and peer support.

The Mental Health Board served 12,984 people during FY2002.



FY2002 Revenues

(Total Revenues \$35,970,471)



Leadership & Effective Oversight

Leadership involves providing vision and accountability within the system. During FY2002, the Board accomplished both. First it upgraded information systems to improve monitoring functions:

- ✓ Expanded the Board's financial chart of accounts as well as countywide data systems to generate more specific, transparent reports.
- ✓ Conducted audits of 11 agencies, which yielded positive results and no major findings.
- ✓ Developed a tracking system for patient use of private hospitals so that the impact of external services on the system is understood.

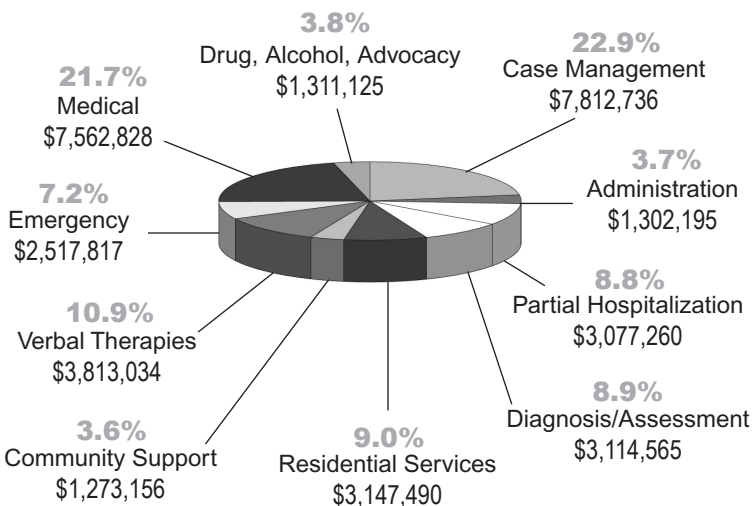
Focus on Value: Making Each Dollar Count

Demand for services remained great in FY2002, while state funding in constant dollars (adjusted for inflation) decreased. The system faced intense pressure to increase efficiencies even further. The Board took the following steps to maximize limited resources:

- ✓ Kept administrative costs low at 3.7 percent of the entire system budget.
- ✓ Skillfully monitored expenditures at the Central Pharmacy to keep spending under budget.
- ✓ Managed the use of hospital bed days to ensure that spending remained below budget.
- ✓ Created the Board of Trustees' Finance Review Committee to focus on efficiency and quality.

FY2002 Expenses

(Total Expenses \$34,932,206)



Consumers Union of Lucas County: New Facility Slated for Late 2003

The Consumers Union has shown dramatic growth in recent years, and the current site behind Rescue Mental Health Services is too small. Executive Director Kelly Skinner has worked to accommodate the expansion with a new facility at the corner of Woodruff and Ashland in Toledo.

Demolition of a vacant building there began in February 2003.

Construction was to begin shortly afterward, and the new site was scheduled for completion by the end of the year. Named

"Consumer-Operated Service of the Year" in 2001 by Ohio Advocates for Mental Health, the organization is run by and for consumers of mental health services. It offers peer support, leadership education and more, placing it at the forefront of the Recovery Movement. More information is available by calling 419-242-3000.



This architectural drawing shows what the new building will look like.

THE CLIENT PERSPECTIVE

"Through my participation at the Consumers Union, Zepf, and other organizations funded by the Mental Health Board, I have been empowered to make decisions that have brought about positive outcomes."



Mr. Mark Ashley
Social-Recreation Specialist
Neighborhood Properties, Inc.



Ms. Kate Hillard
Consumer, Mental
Health Services

"The activities at the Ruth S. Ide Community Mental Health Center (now part of Unison Behavioral Health Group), and the doctors and staff there were my greatest sources of support... Their methods included medication management, individual therapy, group counseling and case management."

Our Mission

“The Lucas County Mental Health System is dedicated to improving the quality of people’s lives in our community by providing efficient, accessible, high quality public mental health programs that address the most severe needs first, assure access regardless of economic circumstances, are culturally sensitive to a diverse population, and respond to the changing environment in which we operate.”

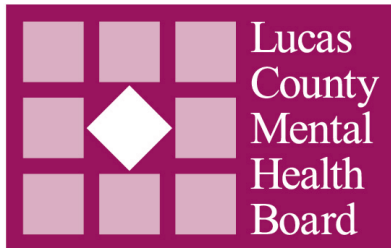
Board of Trustees

The Board of Trustees is comprised of county citizens who volunteer time to plan, develop, and implement mental health policy.

Bob Arquette
Andrea Loch
Jim Matthews
Ron Rothenbuhler
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Dr. John Newton
Dr. Jay Stewart
Bill Mangrum
Chester Trail
Linnie Willis
Dr. Panos Doukides
Milford Romanoff
Mike Dansack
Jacqueline Boney
Nancy Atkins

Provider Network

Adelante
Lucas County Enrollment Center
Advocates for Basic Legal Equality (ABLE)
Catholic Charities
Connecting Point
Consumers Union of Lucas County
Court Diagnostic & Treatment Center
Family Service of Northwest Ohio
Harbor Behavioral Healthcare
Lutheran Social Services of Northwestern Ohio
Medical College of Ohio
National Alliance for the Mentally Ill (NAMI)
Neighborhood Properties, Inc.
Northcoast Behavioral Healthcare - Toledo
Ohio Youth Advocate Program
Rescue Mental Health Services
Substance Abuse Services, Inc. (SASI)
St. Paul’s Community Center
Unison Behavioral Health Group
Zepf Community Mental Health Center



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